









(Staff photos by JOHN FRESE)

**Sign in** — Above, Laverne Hammond and her grandson, Nick, listen as Art Menendez, right, explains some of the local history depicted in the book, "Granite City: A Pictorial History," during a signing at the Johnson Road branch of the Granite City Public Library. At left, Mayor Ron Selph adds his autograph to the introduction of a copy.

## SIUE investigates release of scholar names

Southern Illinois University has been asked to investigate the release of names of legislative scholarship recipients at the university.

Some recent recipients' names were legible in recent documents released by the university despite efforts to black them out. The documents were released after Freedom of Information requests were filed by several news organizations investigating whether the scholarships were being doled out as political favors.

The Illinois Press Association has maintained that news organizations should be allowed to see the names, but university President Ted Sanders said the university would now make stronger efforts to keep them secret.

"To the best of our knowledge, it now appears that not all (the names were) completely removed from the copies of documents provided to us," he said. "I am personally angered, disturbed and embarrassed by this serious breach of confidentiality."

He said SIU would make an "across-the-board" effort to protect students' privacy.

Frederick J. Hess of the Belleville firm of Lewis Rice & Fingersh was appointed independent counsel to investigate how the names were released and whether individuals involved were negligent.

Legislative scholarships are doled out by state legislators at their discretion to the expense of state universities. The Illinois House recently voted to eliminate the scholarships, but the Senate has not yet done so.

Sanders maintained Friday that privacy should be upheld for legislative scholarship winners, despite the fact that athletic and other scholarships are made public.

"Privacy is the rule across the board," Sanders said.

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adding that "the students themselves are a part of the announcement," in the case of athletic scholarships.

He said he did not know whether the legislature had upheld privacy laws when releasing names of scholarship recipients in the past. "What may have or may not have been done in the past ... I don't know. Maybe other practices that we have are out of line with the law."

Sanders said Hess' practices are not related to litigation pending in Cook County seeking names of University of Illinois scholarship recipients.

At a meeting of the Illinois Press Association said he does not agree with SIU's legal interpretation of privacy laws.

"The matter hasn't been litigated," said attorney Joe Thornton. He said the university is using the privacy act as a front to protect embarrassing political

appointment is not related to litigation pending in Cook County seeking names of University of Illinois scholarship recipients.

At a meeting of the Illinois Press Association said he does not agree with SIU's legal interpretation of privacy laws.

"The matter hasn't been litigated," said attorney Joe Thornton. He said the university is using the privacy act as a front to protect embarrassing political

gift-giving.  
 "At first blush or appearance, it has some logic to it. But you have to look at the (federal) statute and the intent of the law. It makes no sense whatsoever. Students getting state funding, that ought to be available to us."

— From The Telegraph

## County office flush with excitement

A fountain of toilet water replaced rainwater Wednesday at the woes of Madison County workers.

Toilet water flushed down from the atrium of a fourth-floor women's bathroom at the Madison County Administration Building after a pipe burst about 2:15 p.m.

Water quickly flooded the atrium's top level and spilled to the floor below. "It looked like a waterfall," county employee Janette Minner said. She first noticed the problem when "everyone started hollering, 'Where are the guys?'"

A "malfunction" caused the pipe to break, said Marty Siglock, building and land administration director. The pipe burst and the floor was quickly repaired. Siglock did not expect permanent damage but said the problem was the worst the building had experienced since it opened in June 1992.

Heavy rain the last month has caused roof leaks and flooding at the nearby Madison County Health Department's headquarters, and state officials are investigating employees' complaints of unsafe working conditions there.

On the day after Wednesday's break, maintenance crews vacuumed, swept and mopped up pools of water.

— From The Telegraph

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## Camp set for children with asthma

Children with asthma don't have to forgo the summer camp experience thanks to the American Lung Association of Illinois' Camp Superkids program. Camp Superkids will be held July 21-27 at Camp Tapawingo in Metamora.

Applicants are children between the ages of 8 and 12 who live outside of Cook County and are on daily medications are eligible to attend camp.

Asthma is a serious lung disease which affects more than 13 million Americans — more than one-third of whom are under the age of 18.

In Illinois there are 192,162 children under age 18 who have asthma.

The American Lung Association's Camp Superkids program provides an enjoyable camping experience for children with asthma as well as thorough education in asthma-management from identifying asthma triggers to understanding and properly using asthma medications.

Camp Superkids teaches the campers independence, self-confidence as they gain information and understanding that will benefit them for their entire lives.

Applications to Camp Superkids will be accepted through June 1. For more information or to receive an application, call the American Lung Association at 1-800-LUNG-USA (1-800-565-4072).



**Winning with wellness** — Students and staff members from Granite City High School currently are participating in the Win with Wellness, a leadership program for high school juniors that focuses on health issues. Pictured are, front row, from left, Karla Pieper, Jamie Warren, Amanda Crabtree, Geeta Kumar, Laurie Mannis; middle row, Melanie Genser, Rachel Kulazas, Josie Sedabres, Sarah Signal, Bill Puhse; top row, Amy Tapp, Mandy Solomon, Kelly Pitters, Vicki Willaret, David Weller.

## Senior menus

Donations for noon meals are \$2. Call day ahead for reservations, 877-4373.

**Wednesday, May 8**  
Lasagna, tossed salad, Italian vegetables, wheat bread, butter-scotch pudding.

**Thursday, May 9**  
Slippery Joe, confetti corn, broccoli cuts, bun, brownie.

**Friday, May 10**  
Fried fish fillet, baked potato, four-bean salad, rye bread, lemon-pudding.

**Monday, May 13**  
Chicken patty, tater triangles, broccoli cuts, cauliflower, bun, orange sherbet.

**Tuesday, May 14**  
Beef stew, stewed vegetables, tossed salad, biscuits, pineapple tidbits.

## Park district planning 3-day Appalachian trip

The Granite City Park District will sponsor a three-day trip entitled "Appalachian Legends of Kentucky."

The trip will be spent deep in the Kentucky mountains, along with stops at Churchill Downs, home of the Kentucky Derby, and a guided tour of the Appalachian Printers' House for the Blind, one of the best factory tours in the country, both of which are in Louisville, Ky.

Dinner on the first evening will be at the famous Boone Hotel in Berea, Ky., the home of the first regional food served by students at Berea College in lieu of tuition. Entertainment that evening will be a country music show that has been a tradition of Appalachia for 57 years. The show is very much as it was when it originated.

On Thursday, the group will travel to Stearns, Ky., to depart for the Blue Heron

Mining Community on the Big South Fork Scenic Railway. The ride on the rails will bring to life the joys and sorrows of the miners and loggers who tried to make a living in this remote area.

Lunch will be a fresh homemade coal miner's lunch, served in a souvenir red bandanna.

Following lunch, a tour can be made through the town of Blue Heron, which has been designated a National Park Service. The evening will be spent back in Renfro Valley and will include a boarding house dinner, a country show, a fried chicken and sugar cured ham.

Entertainment that evening will be another country show at the Renfro Valley Entertainment Center.

The trip will go on sale at 8 a.m. Thursday, May 9, at the Wilson Park ice rink. The cost is \$214 for a single, \$179 per

person for two to a room, \$167 per person for three to a room and \$161 per person for four to a room.

Included in the cost of the trip will be bus fare, two nights lodging, two lunches, two dinners, the tour of the mining house, a ride on Big South Fork Scenic Railway, Blue Heron and two music shows.

Residents of the park district will have priority with nonresidents placed on a waiting list and notified one week after the original sign-up

day. All costs must be paid at the time of sign-up. One person can reserve one room only, which may be for one from one to four people.

The next overnight trip for the year will be a one-night, two-day trip to June 19 and 20 to southern Missouri. This trip will go on sale June 25.

If more information is needed, call Sue Champion at her residence or at the Wilson Park office, 877-5059.

## Leukemia Society drive planned

The Leukemia Society's honorary chairman, Tom Pagnozzi, St. Louis Cardinals' catcher, has announced that Lester White, along with the Veterans of Foreign Wars Post 7451 and the Auxiliary of Memorial, will serve as coordinators for this spring's road block.

Leukemia is a malignant disease which affects the blood forming tissues and organs, mainly bone marrow and spleen. While it is the number one disease after children, 10 times as many adults are stricken as are more than half of all cases with leukemia in persons over 60 years of age.

Though the cause of leukemia remains unknown, researchers are closing in on a cure due to the effectiveness of recently developed treatment methods and steady advances in research.

"You can help continue the great work of Leukemia Society research by participating in or by contributing to this event," said White, special event chairperson.

All funds generated from this road block will support the Leukemia Society's research efforts and local patient assistance programs.

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Photo by



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## Horoscope

**Wednesday, May 8**  
An unusual phenomenon occurs today as five of the eight planets all are in retrograde motion. So, get out your old date books, seek out old proposals, and renew acquaintances, as the stars favor things and activities associated with the past. Maybe you've had a creative project languishing in the closet — if so, bring it out.

**ARIES (March 21-April 19)** If you want to be a leader of your industry, then you must lead the industry. Generalizing is dangerous. Make each decision based on information you have personally. Educational plans change, presenting new options.

**Taurus (April 20-May 20)** You capture the attention of key people. New loves seek you out. Joint finances need to be reviewed. Don't blindly rely on others. Financial security comes from independent activities. Be less demanding of a pal or you'll

### Tips on how to Color Your Garden from the experts at

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By making the most of color, you can turn an ordinary-looking garden into a dazzling display, sure to draw attention from neighbors and passers-by. Some people are experts in the use of color, while others never know what goes with what. So we'll try to make it easier with these suggestions, courtesy of the National Garden Bureau.

The color of a garden near your home should complement the house, not clash with it. A house with gray or beige houses it easier, since just about anything goes with it. However, if the house is accented with colorful trim, you'll want appropriate colors in the garden. For example, red is a direct complement of green. Red geraniums will create a pleasing effect with a green house.

Complementary, Analogous, Triadic and Monochromatic. These sound more like words that would be on someone's prescription bottle, but they're actually the four groups of colors.

A monochromatic color scheme means that all the flowers are the same color or lighter and/or darker shades of the same color. Example: Red, pink and burgundy impatiens.

An analogous color scheme uses colors that are adjacent to each other on a color wheel. By the way, purchasing a color wheel is an excellent idea to get a better picture of all this. In color, of course. Reading around a basic color wheel, the colors go from red to orange to yellow to green to blue to violet, then back to red. For an analogous harmony, you can start anywhere on the

wheel and go forward or backward to get a harmonious scheme.

The complementary color scheme uses colors that are opposite each other on the color wheel. For example, yellow, red and blue. Some very striking uses of color can be made with complements.

An unusual, but very attractive idea is to use three colors that are of different hues, from each other on the wheel. For example, yellow, red and blue form a triadic harmony. This color scheme will give you more color and the opportunity to have a greater variety of plants.

It's a well-known fact that colors affect people in many ways. Red and yellow, for example, call for your attention and usually get it. Yellow is a good color for caution areas, like a garden border. Green and blue colors, the overwhelming majority go with blue. Blue in the garden can create the feeling of a restful oasis. It's also an excellent accent with bright pink or yellow and is a direct complement of orange.

Green is considered restful to the eyes, so allowing the foliage to be seen and enjoyed is very beneficial to a garden. And white gives the feeling of cleanliness, purity and precision.

Try putting some of these tips to use. You can create a showplace like you never imagined!

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**Watch Sunday's Journal for more tips from the experts at Frank's!**

lose.

**GEMINI (May 21-June 21)** By befriending a relative or someone you need, you move up the social or corporate ladder. Consider moving into a job where you can use your social and interpersonal skills. Revamp your goals, and concentrate on just that.

**CANCER (June 22-July 22)** Start marketing your talents, and don't be subtle. Think for yourself, stop echoing the sentiments of others. You outwit a competitor at school or work. Get out of a love triangle — this hassle isn't worth the trouble.

**LEO (July 23-Aug. 22)** An obvious answer is wrong. Contractions need to be avoided. You're enlightened. Disagreements can be amicably solved. Use logic, not emotion, even with children. Spend time on long-range goals.

**TODAY'S BIRTHDAY (May 8)** Juicy offers make this a red-letter year for you. Be open to opportunities that are presented in a backhanded way. You receive awards, citations and special favors through mid-June. A period of horrific vindication and romantic success comes this summer. Enter contests in October. Seek out Leos and Libras for love. Marry in September. Artists find benefactors in November.

**VIRGO (Aug. 23-Sept. 22)** Ask partners to account for money

spent — answers will be revealing. Set a good example by using self-discipline to get into shape. Suppliers are late — make sure you have alternative plans in business.

**LIBRA (Sept. 23-Oct. 22)** Future security rests on your making a bold, tough choice quickly. Take yourself seriously and others will too. Open up to a loved one if you want true intimacy. Attend lectures or seminars. New business contacts prove profitable.

**SCORPIO (Oct. 23-Nov. 21)** Second-rate partners, tools and technology hold you back. Invest in yourself for a change. Age differences in love or work are unimportant. Forget all stereotypes, and be open to new friendships.

**SAGITTARIUS (Nov. 22-Dec. 21)** Make plans for the summer now. Rentals are good investments for family and business. Reconfirm appointments — others have lapses of memory. Trial separations lead to further complications. Cope with stress.

**CAPRICORN (Dec. 22-Jan. 19)** Wonderful news arrives as someone of prominence believes in an idea or project as much as you do. Develop knowledge in one very specialized field. Gear presentations to higher-ups.

**AQUARIUS (Jan. 20-Feb. 18)** Your suspicions are partially true — investigate. Others offer lame excuses. Professionals find quick promotions. Stop clinging to an old love — the sooner you back away, the more likely she or he will run to you.

**PISCES (Feb. 19-March 20)** Peace of mind is worth a financial sacrifice. You are suddenly able to afford luxury items — don't feel guilty. An injustice is terrible but not worth your retaliation. Teens are rebellious — be lenient for now.

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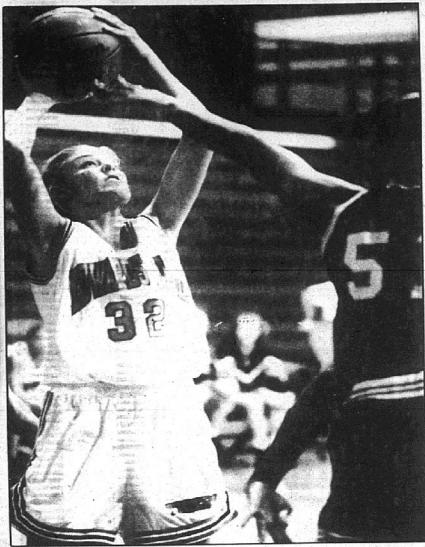
Wednesday

Granite City Journal

# Sports

May 8, 1996—Page 1B

## 1995-96 Journals All-Area Girls Basketball



Edwardsville High senior Carrie Drake, bound for Washington University next season, was voted by area coaches as the Illinois Journals Class AA Player of the Year.

### Drake all-around court presence for Edwardsville

By Brian Bretsch  
Staff writer

Carrie Drake, one of the best all-around players in the history of the Edwardsville High girls basketball team, was recently named the Illinois Journals Class AA Player of the Year.

Drake, the lone senior for Edwardsville this season, finished her career as the Tigers' all-time leader in rebounds and finished fourth all-time in scoring.

"The 5-foot-11 forward helped pace the Tigers to a 21-6 record this season and was voted Player of the Year by area coaches after being named to the Journals' All-Area team as a junior.

"I'm more proud of how the team did this season than myself," Drake said. "I had a 10-10 record last year and played good this season. I'm really proud."

The list of honors for Drake has been seemingly endless since the season ended. Drake said her teammates deserve as much of the credit for her awards.

"The nights when I was double or triple-teamed or had an off night, different people

came up to pick up the scoring," Drake said.

Two of the highest honors Drake received were being named All-State and invited to the Illinois Basketball Coaches Association's all-star game in Peoria. "It was exciting," said Drake of being named All-State. "It was kind of surprising because it's hard for girls south of Springfield to get recognized."

Drake, who has signed to play next season for Washington University in St. Louis, credits Tigers coach Bud Vallino for her success.

"He really helped me 100 percent," Drake said. "I was never sure basketball would take me anywhere. I wanted to do it. He's like a second dad to me. He would sit down and talk with me for hours. He told me everything I needed to do and what I needed to work on over the summer."

Drake was primarily an inside threat as a sophomore and junior.

As a sophomore, she made her mark by averaging 13 points per game. Her junior season, she poured in 17 points per game. She capped off her (See DRAKE, Page 2B)



Jackson McMillan

### Journals All-Area Girls Basketball

#### Class AA First Team

Player	Yr/Ppg
Carrie Drake, Edwardsville	Sr 19.0
Jessica Jackson, Belleville E.	So 18.1
Denise McMillan, Granite City	Sr 24.1
Lindsay Welter, Belleville E.	Dr 12.8
Lindsay Rust, Belleville West	Jr 12.2

#### Honorable Mention

Player	Yr/Ppg
Joda Shields, OFallon	Sr 13.6
Crystal Tamm, Columbia	So 19.9
Sylvia Brown, E. St. Louis	Jr 19.2
Jennifer Daitao, Belleville E.	Sr 11.4

All statistics from 1995-96 season. All-area votes were compiled from Metro East area coaches.

### Gibault's Donley upholds family hoops tradition

By Brian L. Jones  
Correspondent

Senior Patty Donley advanced a family tradition of girls' basketball at Gibault High School.

The fourth Donley sister to compete for Gibault since 1990, Patty was the only sibling to win team Most Valuable Player. Last year, she did the same, but did not win the award, finishing second in the Metro East in scoring with 22.9 points per game, ranking behind Carlyle all-state Courtnei St. Louis.

Donley was third in the area in scoring this year, but she improved her average to 23.6 points. She will be the second Gibault Lady Hawk's MVP award during the Gibault sports banquet near the end of the school year. She also has been voted by area coaches as the Illinois Journals Class A Player of the Year.

"I'm kind of surprised, because I didn't expect to be played for the year," she said. "I never really thought of myself as one of the top players in the area. I was just

doing what I could to help my team," she said.

The 5-foot-9 wing player was a maximum achiever on both counts. She led Gibault to a school-record 18 victories in 25 games. The Lady Hawks were only 11-13 her junior year, when she also made the Journals All-Area first team.

Donley also led her team in steals, averaging 5.5 per sophomore. Gibault's only other winning season was 14-12. She leaves the school with the all-time school record of 1,532 points scored over parts of four varsity seasons.

"I can't really explain why I've been able to score so much, because it just comes naturally," she said. "I've tried to run a few plays that were (designed) to get me open, but it wasn't easy because I always faced triple-teamed or double-teamed. My teammates helped a lot. I guess I got most of my points off steals and fast breaks and good passes from them."

Gibault began playing organized basketball as a sixth grader as the Lady Hawks' all-time leading scorer with 1,532 career points.



(Staff photo by T.L. WITT)

Gibault High senior Patty Donley, a four-year varsity player, leaves as the Lady Hawks' all-time leading scorer with 1,532 career points.



Gomric Reinhold

### Journals All-Area Girls Basketball

#### Class A First Team

Player	Yr/Ppg
Patty Donley, Gibault	Sr 23.6
Linda Reinhold, Bud	Sr 13.4
Lindsay Brefeld, Wescalin	Sr 14.6
Lindsay Rust, Belleville E.	Jr 20.0
Janelle Mohme, Columbia	Jr 21.0

#### Honorable Mention

Player	Yr/Ppg
Suzanne Woolsey, Althoff	Sr 12.5
Kelly Pfeiffer, Freeburg	So 10.9
Becky Feldmann, Althoff	Jr 9.9
Cori Hentscher, Red Bud	Sr 12.2

All statistics from 1995-96 season. All-area votes were compiled from Metro East area coaches.

### Small-school standouts dominate Class A courts

Other members of the Illinois Journals All-Area Class A first team, and a season summary of each:

Lindsay Brefeld, Wescalin: A three-year varsity player, 5-foot-9 junior guard/forward averaged 20 points per game while shooting 75 percent from the free throw line and 37 percent from 3-point range. She was a leader on a Warriors team that had no seniors.

"Lindsay is a pure shooter and was our main scorer," said Wescalin coach Andy Lobb. "She averaged five rebounds a game, but that's not what she did. She will need to improve if she wants to play at the next level."

"She's a great person and a great athlete and she has a great work ethic. She's fun to be around. She didn't play until last summer, but I (See CLASS A, Page 2B)

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## Sports shorts

**Family Fun Day**  
The Granite City Price Support Center in Granite City will host a Family Fun Day on Saturday, May 11. The annual event will celebrate the month of the family child. The events will begin at 9 a.m. with the Morale Welfare and Recreation 3K Fun Run/Walk at the Price Center Gymnasium. From 10 a.m. to 3 p.m., there will be food stands, carnival games, pony rides, a family double-dare challenge, an Army/Fire/Museum display and much more. The stands and displays will be set up behind Bldg. 125 (Recreation Center).

This year's event will be open to the public for the first time. For more information on the Fun Run/Walk, call Paul Ellis at 452-4632. For more information on the Fun Day event, call Mark Pacatte at 452-4332.

**Hall of Fame tourney**  
The Granite City Sports Hall of Fame will host its annual baseball golf tournament May 11 in conjunction with the induction ceremonies of 17 new members. The tourney will begin at 7 a.m. at the Legacy Golf Course.

The entry fee of \$25 includes prizes, food and drink, and golf balls. There will be a longest drive, a closest-to-pin contest. Entrants are asked to send the fee, along with handicap and phone number, to Les

Thompson, president of the Granite City Sports Hall of Fame. For more information, call 876-7639.

**SUVE camps**  
Southern Illinois University-Edwardsville will offer baseball and softball camps for youths on two different experience levels in June.

A baseball fundamentals camp, for ages 7-13, will be held 9:11:30 a.m. June 10-14. The cost is \$65. A baseball advanced camp, for ages 10-18, will be held June 17-20. The cost is \$100. Youths may participate in both camps for \$150.

The softball camp are for sixth through ninth graders. A fundamentals camp will be held 9 a.m.-3:30 p.m. June 10-11. The cost is \$60 and includes lunch. A softball pitching camp will be held on June 13-14, for beginners from 9:30 a.m.-noon; and for advanced players from 1-4 p.m. The cost is \$50.

Also scheduled is a speed and flexibility camp for all sports from 6-8 p.m. June 17-21. The camp is open to athletes ages 10-18, and the cost is \$50. The camp will be held at SUVE's athletic facilities. For more information, call 692-2660.

**Softball Classic**  
The sixth annual Budweiser Softball Classic will be held May 18-19 at the Shiloh Eagles Park. The home run rule will

be in effect. The entry fee is \$125. The consolation prize money will be based on the number of teams entered.

For more information, call Harry Shepherd at 632-0050 or Dan Davis at 236-6414.

**Billiken soccer camps**

Saint Louis University has released the schedule for its summer soccer camps. One day camp will be held at Champlain High School, while two residential camps will be held at Champlain and one at SLU.

Boys and girls under age 14 will attend a day camp from June 10-14 and 17-21 at Champlain. Residential camp will be held at Champlain for advanced boys ages 13-18 only on June 9-13.

Another residential camp will be held at SLU for boys and girls ages 9-12 and advanced boys ages 13-18, on June 23-27. From July 18-20, a girls-only camp for ages 9-18 will be held, and a boys-only advanced camp for ages 9-12 and 13-18 will be held on July 21-25 and 29-31.

For a brochure, call (314) 977-3177.

**SLUH camps**  
St. Louis U. High will offer four separate weeks of basketball camp for boys in grades 3-8. The week-long sessions will be held June 10-14 and 17-21 and July 15-19 and 22-26.

The camps will be held under the direction of Junior Billie SLUH football coach, Gary Kornfeld, and will be non-contact in nature. The fee for the camp is \$90. For more information, call 314-531-0380, extension 157.

The high school will also hold a football camp during the week of June 10-14. The camp is for grades 3-8, entering grades 3-8, and will be held at SLUH Stadium on Oakland Avenue in St. Louis.

The camp will be directed by Billie SLUH football coach, Gary Kornfeld, and will be non-contact in nature. The fee for the camp is \$90. For more information, call 314-531-0380, extension 157.

**Autism golf tourney**

Blue Cross/Blue Shield of Illinois is sponsoring the Illinois Center for Autism's 13th Annual Golf Classic. It is scheduled for Thursday, May 23 at Tamarack Country Club in Shiloh.

**Staggered tee times** (from 8:30 a.m. to 12:30 p.m.) give golfers an opportunity to schedule their participation around the rest of their day. A donation of \$125 per person includes carts, lunch, dinner, refreshments (courtesy of Illinois Distributing) and attendance prizes.

For more information, call 398-7500.



The Southwest Sockers U-12 boys soccer team recently won its age group in the Andy Waite Easter Classic and placed second in the Premier Division of the University of Wisconsin-Parkside Tournament, held in Kenosha, Wis. The Sockers, based in Collinsville, are also undefeated in league play over the last three years. Team members include (front row from left) Matt Dittman, Adam Przybysz, Justin Tipton, Chris Dunbar, Todd Davis, J.C. Camillo, Brett Herzog, Steven Hartzel, Zach Pashe; and (second row) Dezman Butler, Scott Blumner, Rich Edwards, Adam Wesselman, Kenny Jackson, Wesley Bowling and Andy Sidwell. Pictured in the back row are coaches Tony Camillo (left) and Nick Pavia. Not pictured: Adam Welle.

## •Induct

(Continued from Page 38)  
at a local church he played, such as Class A Fast Pitch, where he was recognized as a pitcher and outfielder. When his playing days were over,

Grote managed numerous softball teams, usually winning on the field or on the bench. Grote was always noted as a fierce competitor.

NFL umpire Ray Sonnenberg

will be the guest speaker at the induction. Grote, who is the Rams cheerleaders will be on hand as well. For more information, call chairman Les Thompson at 876-7636.

## •Art

(Continued from Page 38)

has moaned about the Saluki schedule being too road dominated, but in 1996 coach Shawn Watson will have plenty of home cooking to offer.

**SIU-C home games include:** Aug. 31 vs. Central Missouri; Sept. 7 vs. Tennessee-Martin; Sept. 21 vs. Winston-Salem State; Oct. 12 vs. Indiana State; Oct. 19 vs. Western Illinois (homecoming); Oct. 26 vs. Northern Iowa; and Nov. 16 vs. Southeast Missouri State.

**Saluki away games are:** Sept. 14 at Murray State; Sept. 28 at Illinois State; Oct. 5 at Southern Miss; and Nov. 2 at Western Kentucky.

SIU-C was 5-6 last season and 2-4 in the Gateway Conference. The last time the Salukis played seven home games in a season was in 1994.

A bullet from the Saluki schedule is Eastern Illinois, which has joined the Ohio Valley Conference. Eastern sought a home game against SIU-C on Sept. 21, but the Salukis refused because it would have meant four consecutive road games. Watson and SIU-C know what I hinted — home

games can aid success. Just as interesting will be seeing if McKendree does with its schedule.

**OVERTIME:** Congrats to former Belleville West athletic director/baseball coach Al "Boots" Budde, who gets better with age as a boomer.

He is in his 61st series

recently at Panorama in Belleville, where he had games of 200-175-242. That's not too bad

for a lefthander in his 70s who once was better known for his curve ball as an amateur and professional baseball pitcher.

EXTRA: The most interesting figures related to the current major league baseball season include a base salary of \$130,000 for Cardinals pitcher Tom Glavine, \$100,000 for Coloma and one of \$109,000 for rookie outfielder Miguel Mejia.



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**MONDAY**  
Youth Fellowship... 7 P.M.

**TUESDAY**  
Tabernacle Today... 6:30 P.M.  
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## Community calendar

Country Club  
times (from 30 p.m.) give opportunity to participate in their day. A \$125 person lunch, dinner, courtesy of Illinois) and information, call

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-3000.

This calendar runs in every Wednesday's Journal.

### Wednesday, May 8

American Association of Retired Persons Chapter 1340 will hold a dinner and dance. The cost of tickets will be \$10. Admission for members is \$8. Guests pay \$8. Doors open at 8 p.m. Dinner, catered by Jerry's Catering, is served at 9 p.m. Dancing to Jim's Kids begins at 10 p.m. For more information, call 877-3020.

American Legion Post 113 Auxiliary will hold a mother-daughter banquet from 6:30 to 8:30 p.m. Families are asked to bring a covered dish.

Disabled American Veteran Chapter 53 will offer a service officer from 1 to 3 p.m. at the American Legion Post 113. Call 876-7816 for more information.

Pontoon Beach Senior Citizens bingo, 9:30 a.m. 11 p.m. Pontoon Beach.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Dine Inn, 800 N. Main, Maryville. Call 786-3015.

Al-Anon, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Cal 463-2429 for more information.

Alcoholics Anonymous, 8 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m. St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Lanham, 2200 Vandam Street, Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4638 or 344-4183, or contact CARD at 462-7529.

Divorced and Separated Group Ministry, 7:30-8:30 p.m. United Church of Christ, 903 Second Street, Edwardsburg, 462-2714.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Men's Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

### Thursday, May 9

Behavioral Health System will present a talk on "Stress Management Techniques" at 7:30 p.m. at St. Elizabeth's Edwardsburg Health Center, 1124 University Drive, Edwardsburg. The speaker will be Warren Neal. The talk is free and open to the public. Call 798-3888 for more information.

Big Brothers, 3361 Foothill Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to noon. Call 876-2273 for more information.

Edwardsburg Kennel Club, 7:30 p.m. Hays Mallory Community Building, 216 Crane St., Edwardsburg, open to public.

Men's County Psychological Society, 7 p.m. at Immanuel United Church, 800 N. Main, Edwardsburg.

Multiple Sclerosis self-help group, meets from 6 to 8 p.m.

Faith Hall, 2100 St. Elizabeth Medical Center, 2100 Madison Ave., in Granite City. Call 797-2780 or 451-0728 for more information.

Navy Mothers Club of America, meet at 7:30 p.m. at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, sons, or sisters of former and present Navy, Marines, Coast Guard

or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2299.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m. Social Center, 906 Thorngate Drive, Maryville.

Eagle Park Acre Seniors of Madison meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Al-Anon, 8 p.m., 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m. Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2900 Edwardsburg, 462-2726.

Al-Anon, 8 p.m. Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 308-948-1000.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call (314) 636-7000.

Granite City Community Band rehearsals, 7:30 to 9 p.m. St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-3443.

Friday, May 10

Granite Chapter 650 Order of the Eastern Star meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard, Granite City.

Granite City Eagles Auxiliary 1126 will sponsor a dessert sale from 5 to 8 p.m. at the Eagles Hall, 2558 Madison Ave., in Granite City. Music will be provided by Johnny Reed at 7 p.m.

Southern Illinois Divorced and Separated Catholics, 7:30 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Downtown Neighborhood Restoration Society, Granite City, 787-7715, 8 p.m.

Handicapped Adults (a disorder of nerve cells in the spinal cord and cerebellum) support group, Call Curt, Iowa, 463-5172, for information.

Alcoholics Anonymous, 8 p.m. St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Al-Anon meets at 8 p.m. in the Millions Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors, 55 and over, at 12:30 p.m. at the Hair Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Sincerity and Sobriety), a support group for people with a chemical dependency or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3804 for more information.

Al-Anon, 8 p.m. Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 308-948-1000.

American Legion Post 113 Auxiliary will hold a barbecue beginning at 11 a.m. at 1825 State St. in Granite City. All-you-can-eat prime steak for \$8, ribs for \$6.50 and bratwurst for \$4. Free delivery will be available for four orders or more.

Al-Anon, 8 p.m. Wellness Center Club will hold a plant sale at 2547 Pontoon Road in Granite City. Available will be perennials, hostas, herbs, tulips, day lilies and herb plants.

Pontoon Beach Seniors will hold a barbecue from 11 a.m. to 6 p.m. at 3910 Illinois 111 in Granite City. Available are steaks or ribs, or bratwurst plates for \$3.50, served with potato salad and slaw; sandwiches with chips for \$2.50; soda, tea or coffee, 25 cent cake or pie, 50 cent hot dogs, 75 cent dinners. Eat in or carry-out.

Quail City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-2273.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 308-948-1000.

PATIO DOORS REPAIRED OR REPLACED Granite City Glass 1837 Madison Ave. 877-5400

Al-Anon 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Chemical Dependency Relapse Prevention group meets from 6:30 to 8:30 p.m. at the Edwardsburg Health Center, 1126 University Drive in Edwardsburg. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members gain in sobriety. For more information, call 798-3888.

First Place, a Christ-centered ministry, program meets from 7 to 9 p.m. at First Baptist Church, 2041 Delmar Ave. in Granite City.

Neglected Victims of Child Abuse, a support group for nonoffending parents of victims, meets from 6 to 8 p.m. at Southern Illinois University at Edwardsville's Rape Crisis Center, 2197-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Community Center in Granite City, 463-2294.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women

are invited to meet from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Rescue Mission, 1836 Fourth Street, Madison, food pantry is open from 9 a.m. to noon.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors, 55 and over, at 12:30 p.m. at the Hair Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

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## Traveler who served in Alaska returns to tour that state

The Travelers Abroad held its last meeting of the Spring April 22 with a total of four guests, Frank Beatty, Paul St. Cin and Alma and Chuck Buente, present.

The meeting has been canceled, because it conflicts with Memorial Day.

Dr. Alter Purdes, president,

welcomed the group. Helen Lilley and Betty Townsend, members of the group, were diners at Jerry's Cafeteria.

Purdes then introduced the Buentes, who presented a program on their trip to Alaska. As Chuck Buente said, perhaps it should have been "Back to Alaska," because he

served there in the Army about 40 years ago. He said, "I think the audience thought Alaska became a state in January 1959, and it now has a population of about 650,000. Their millionth resident, the 30th in the 50 states, is \$41,000.

Chuck Buente said that he

and his wife have been participating in organized recreation automobile travel for about 25 years.

They left Granite City with 5,000 miles on their RV. As a result, they had a guarantee from the company that if they had any trouble, the RV com-

pany would come get them. That guarantee was not necessary, as they traveled for 10 weeks, from June 4 to Aug. 17, and arrived back in Granite City with 5,000 miles on the vehicle.

On the way home, because of the weather, they traveled across Canada, where it was much cooler.

He explained that their RV organization was Recreational Club Management. When they traveled, all their tours, tickets, lodgings, etc., were bought ahead of time for them. This

particular tour was a 38-night adventure. They had specific places to be every night. The tour originated at Dawson Creek, which is miles off of the Alaska Highway.

There were 75 people and 35

RV units of all different types

participating in this tour. They did not all travel together.

Generally, there were groups of three vehicles traveling together. Some traveled early, others later; but, they all met at the same campground for the night.

He explained that their RV organization was Recreational Club Management. When they traveled, all their tours, tickets, lodgings, etc., were bought ahead of time for them. This

fishing guide had thrown a 35-pound halibut back into the water. He said it was too small. The next catch he made was a 90-pound fish, which they kept.

The temperature averaged 60 degrees in the daytime and 40 degrees at night. But, he said, "I think the beauty of the magnificence scenery along the way. Denali Park had beautiful scenery, as well as much wildlife that you never saw up close. The blue glaciers were

unbelievable, they said.

One disadvantage of going to Alaska in the summer months is that the sun stays up nearly all night.

The Buentes had wisely brought heavy cardboard so they could cover the windows and the skylights of the RV to get some normal sleep at night.

They also said that one's garbage is strictly regulated, and there are specific rules on what can be put in a garbage can because of the bears.

The Buentes passed around many pictures they had taken. One unusual picture showed the "Sign of the Soldier" in 1942. A young soldier from Danville put up a post and nailed three small signs on it. Since then, others have followed suit. Now, there are approximately 30,000 signs from all over the world. It is a sign wilderness.

Throughout the Buentes' presentation, the members of the audience chimed in with their own experiences. Some in the audience had already made plans for this coming summer to Alaska and were asking about the attractions at particular sites.

Probably the most unusual experiences from the audience were from the man who said he and a friend had driven a

(See TRAVELER, Page 9B)

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Photo #2417

'96 Ford Taurus 4 Door

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Photo #2416

'96 Ford Contour 4 Door

4dr Automatic, V-6, Stereo, Chrome Wheels

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1 to 3 p.m.

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**76** High Performance Engine Oil **149** quart

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## •Traveler

(Continued from Page 7B)  
convertible to Alaska just before it became a state. Then he would drive his car, ride a tent to sleep in at night and had all types of car problems resulting from the poor roads. Because there were no organized schools, "he took them," they spent each evening working on her friend's music teaching, which would start the following fall in a grade school. "He would go back to the 'lower 48 states,' the music curriculum was in

perfect shape. Coming up on the fall schedule of programs will be China, Russia and parts of call on a Mediterranean cruise.

Also attending the meeting were Marianne and Gordon Bechtel, Jim and Dorothy Koeckeler, Marguerite Lexow, Marrott Schocker, Rose Marie Schmidt, Eleanor and Charles Schweizer, Mary St. Cim, Vicki and Stanley Winkler, Fred Winkler, Isabella Southwick, Marge O'Neill, Josephine Beatty and Barbara Williams.

## Organizations

## Eagle Park Seniors

The Eagle Park Acre Seniors had a buffet lunch at the Snodderly Restaurant in

St. Louis on April 24.

In addition to lunch, birthdays were celebrated. Those celebrating were: Dorothy Willie M. Davis, Thelma Howard, Willie M. Townsend, Myrtle Foster, Lacie Gardner, Evelyn Wimberly and Velicia Jean Oakley, who was

unable to attend.

The Eagle Park Acre Seniors teamed up with the Venice Silver Bell Seniors April 14 for a workshop on stress, which was given by Myrtle DeLoach, stress management and counselor of Chicago. She is the daughter of Robert and Cleoine DeLoach of Eagle Park Acres.

Now that winter is over, the Eagle Park Acre Seniors are meeting weekly at the Eagle Park Improvement Association Center, 100 Hill St. (rear). Meetings are held from 10 a.m. to noon on Thursdays. All seniors are invited to attend.

## Butterfly Card Club

Members of the Butterfly Card Club met April 14 at the home of Bill Shock in Maryville after which the group assembled at the home of Ned Talley.

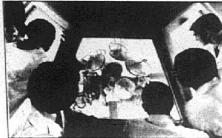
Before dessert was served, Talley was presented a birthday gift. The members sang "Happy Birthday."

Pinochle was played. Prizes were awarded to Hazel Roberts, Juanita Rosenberg, Lorraine McIlvoy and Catherine Hommert, who also won the honor prize.

Also present was Irene Willis, Edith Ryan and Harriet Hoff.

Willis will host the May meeting.

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P205/75SR14	WW	73	P225/75SR15	RWL	84
P205/75SR14	RWL	75	P235/75SR15	WW	84
P205/75SR15	RWL	81	P235/70SR15	WW	84
P205/70SR15	WW	75	P235/75SR15	BLK	84
P215/75SR15	BLK	63	P235/75SR15	XLWW	89



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P235/70SR15	BLK	80	P215/60HR15	BLK	83
P225/70SR15	BLK	86	P225/60HR15	BLK	85
P215/60SR14	RWL	75	P215/65HR15	BLK	85
P235/60SR15	RWL	83	P205/50HR15	BLK	116
P255/60SR15	RWL	90	P225/50HR15	BLK	121
P225/60SR15	RWL	93	P225/50HR16	BLK	147
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P175/80R13	37	45	51
P185/80R13	39	46	54
P185/70R14	41	47	56
P185/70R14	43	48	57
P175/70R14	45	51	59
P205/70R14	45	51	60
P205/70R14	—	55	63
P205/70R15	46	54	61
P205/70R15	—	62	69
P215/70R15	47	57	63
P215/70R15	—	65	73
P225/70R15	48	58	67
P235/70R15	49	59	69

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P235/70R15 96

P225/60R16 96

P225/60R16 102

P225/60R16 109

P225/60R16 119

P225/60R16 120

P225/60R16 104

P225/60R16 111

P225/60R16 124

P225/60R16 74

P225/60R16 133

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P225/60R16 74

P225/60R16



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From decorative to truly functional, the perfect accent  
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Hammary® & Hooker

With famous names like these plus the guaranteed satisfaction you  
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\*Excludes closeouts, special purchases. SureValue and ready-to-assemble furniture. SureValue furniture is at our lowest price every day.  
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## FAMILY

## Birth

**Byrne**  
Thomas Byrne of Granite City and Janet Doyle Steele of Glen Carbon have announced the birth of their first child, a son. Joshua Dakota Byrne was born at 3:44 a.m. April 12, 1996, at Anderson Hospital in Murphysville and weighed 5 pounds, 2 ounces.

Bonita Steele is the grandmother and Gertrude Campbell is the great-grandmother. Both are from Fairgrove, Mo.

## •Calendar

(Continued from Page 5B)

Delmar, Granite City, 463-2429. **Alateen PreAlateen Program** for 12 to 17 age group, and prealateen for six to 11 year old group meet at 8 p.m. at Nudinghaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV/AIDS, meets at 7 p.m. at the King's House on North 6th Street in Belleville. For more information, call 234-0291.

Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 888-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV/AIDS, meets at 7 p.m. at the King's House on North 6th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m. **Narcotics Anonymous, Path to Recovery**, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-8989. **School of Metaphysics**, 7:30 to 10:30 p.m., 9459 Roslyn Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.



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Great  
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# Today's Food

Wednesday, May 8, 1996

## Food & Nutrition

### Wise Ways

Pot of herbs helps mom through sage experiences over thyme after Mother's Day.

INSIDE

### Heart-y Bites

Dividing big-meal occasions into minimeals appeals to tiny appetites and makes nutritious sense.

INSIDE

### Blue Ribbon Cook

This mom's best winning recipe will serve the whole family or can be divided for smaller groups.

INSIDE

### Private Label Test Run

By the bag or by the box, cereal alternatives make a strong economical stand.

INSIDE

### Micro Raves

Thoughtfully reaching out to others pleases mom, too.

INSIDE

### Lively Taste

Try this low-fat oil and vinegar salad dressing over a salad of dark leafy greens and chunky slices of blanched asparagus. Combine 1/4 cup plus 2 tablespoons water, 1/4 cup olive or vegetable oil, 1/4 cup red wine vinegar or fresh lemon juice, 1 tablespoon snipped fresh parsley, 1 teaspoon grated parmesan cheese, 1 clove garlic (minced), 1/4 teaspoon dry mustard and 1/8 teaspoon salt. Makes 1 cup; 32 calories, 3 g fat and 19 mg sodium per tablespoon.

## Health & Fitness

### Medicine Chest

Even early in the growing season, poison ivy and its cousins can be a pain. Live or dead, poison ivy vines contain oils which irritate skin. Wear protective clothing, like gloves and shirts with long sleeves. Thoroughly and immediately wash skin that comes in contact with questionable plants. The longer oils are in contact with skin, the greater the possibility of skin irritation.

### Fresh Picks

Rhubarb needs to be peeled or the strings removed only if it is tough. In that case, peel stalks like celery. Always discard rhubarb leaves because they contain poisonous oxalic acid. Rhubarb itself does not contain the acid.

### Big Fat Tip

Barbecued chicken has low-fat flavor. In shallow dish, brush 1 pound chicken breast, cut in pieces, with 1/4 cup nonfat Italian salad dressing. Refrigerate, covered, up to 3 hours. In small saucepan, bring 1/4 cup nonfat Italian salad dressing, 1/2 cup chili sauce and 1 tablespoon molasses or dark corn syrup just to boiling point. Simmer over low heat 5 minutes. Discard marinade. Grill chicken over medium coals or broil 5 to 6 inches from heat, turning two or three times, 10 to 15 minutes. Brush with some of the warm sauce. Grill, turning and brushing a couple times, a few minutes longer until chicken is tender and meat is no longer pink.

### Future Shop

Just as people snack in front of their televisions now, they follow the habit as they unwind with the companionship of home computers. In a survey conducted by the Snack Food Association and the National Potato Promotion Board on the Snax.com home page (<http://www.snax.com>), 85 percent of respondents said, yes, they do snack while computing. Popcorn and pretzels led the way, followed by potato chips, tortilla chips and cheese puffs. A new survey goes on line this week for snacking surfers of the net.

Strawberry Jumbles, top, and Carrot Chip Snacking Cake served with fresh fruit get mounds of compliments.



By Janice Denham  
Staff writer

In May, life should be just a bowl of berries for mom. Being remembered on Mother's Day should be icing on the strawberry shortcake.

Some moms would appreciate most a quiet day with nothing to do, while others would love the hubbub of a whole brood of well-wishers.

Either way, 'tis the season for enjoying strawberries. Either mom can make her own favorite recipe or an admirer can prepare one of these recipes and serve fresh strawberries on the side.

The seedy little

Cheese and berries cover pie pastry.

fruit works from morning until night. For breakfast, serve bagels with strawberry spread, or whirl together in a covered blender a mixture of fresh strawberries, bananas and milk for a "wake-up

SEE MOM, INSIDE TODAY'S FOOD PAGE 2

## CHOCO-BERRIES

Dipped strawberries are kids' work.

Have strawberries washed and completely dry on paper towels. The prettiest ones still have their caps on and are dipped about two-thirds up the fruit. To cover fruit, remove the green caps. Lay a sheet of waxed paper on a plate nearby.

The easiest dipping sauce is a tray of chocolate or vanilla candy coating, also called almond bark, found in the supermarket aisle with cake mixes. Otherwise, use dark or white chocolate chips with a teaspoonful of shortening. Melt it in a microwave oven on high power 1 minute, then stir the creme, as if you were mixing it. If it isn't soft and melted, microwave 15 seconds at a time longer, stirring every time, until it is.

Gigging strawberries one at

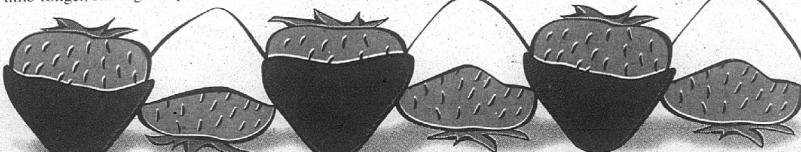
a time with a toothpick or fork or holding by the cap, dip them into the candy coating. The vanilla stays liquid a little longer, so it may be easier for younger children to use. It usually survives a gentle remelting or two if it gets too hard.

Turn the berry to coat as desired. Set berries on the waxed paper without touching each other.

Refrigerate strawberries until it is time to serve them.

Courtesy Norman Brothers Co.

Kid's  
Cuisine



# Today's Food

## Private Label Test Run



Manufacturers pack cereals by the box and by the bag to help breakfast eaters save money.

## Cereals bag breakfast and box up bargains

When a national brand of cereals recently announced an across-the-board price reduction, it made big news. However, every day supermarket shelves offered options that often cut the cost of the best-known brands in half.

Journal tasters brought in several varieties of lower-priced cereals — Millville apple cinnamon, toasted oats from Aldi's and Shop 'n Save raisin bran in boxes. Malt-O-Meal Coco-Roos and Quaker Marshmallow Safari in bags — ranging from \$1.69 to \$2.19.

Each made a very favorable impression. One tester noted that Quaker's was "one of its own" name on eight varieties and market them at a lower price.

"I think it's interesting that even a nationally-known company is putting cereal in a bag and selling it well below usual prices," she said.

Most of the lower-priced cereals are in sweet varieties, although Shop 'n Save raisin bran got very high rankings from the testers.

"It is tasty. The flakes are big and crunchy and they stay pretty firm in milk for bran," a taster said.

The hearty flakes

received compliments from all who tried them.

"It has lots of raisins," another taster said. "The flakes are excellent, but not very crunchy, but I like those hearty, bigger flakes darker in color than most."

Another said they had a "nutty taste with good consistency."

"One noted it should get high marks for the nutrition information on the back of the box."

Some stores actually offer three brands of a cereal variety, such as corn flakes, that are less expensive — two in private label and one of the bagged brands.

The cereal eaten most quickly was apple cinnamon toasted oats from Aldi's. It disappeared with milk for breakfast and by the handful for the day for snacks.

A taster said, "I tried the apple cinnamon o's. I found them to be almost the same quality as the national brand, but perhaps with more air. They were tasty — not too sweet and had a nice cinnamon flavor."

I think my kids would eat them."

However, she admitted that not being a national brand might be a problem with her sons.

The hearty flakes

## Heart-y Bites

By CINDY BERNER

## Turn junky snacks into nutritious minimeals

Snacking makes sense. Instead of three large meals, a day's eating is divided into minimeals.

Since my daughters have been little, our days are built around three meals and two snacks. Eating smaller, nutritious meals through the day, they get a healthy, balanced intake in amounts that do not overwhelm their little stomachs.

Lindsey Hunsicker of Kirkwood finds this style works for her sons, too.

"We're in the beginning stages of adding healthy snacks for my son who is a challenge to feed. I find he eats better overall when I give him smaller amounts of food more times during the day," Lindsey says.

That makes sense for adults, too. Dividing a day's intake into moderate meals discourages overeating. There is no need to eat beyond feeling satisfied because, after all, the next snack is only a few hours away.

Lindsey finds this concept works for herself as well.

"When I do snack, I find I don't overeat at meal times," she says.

By eating multiple times throughout the day, a variety of healthy, vitamin and mineral-rich foods can be incorporated.

Ah, but herein a precarious ledge shadows the pitfall to sensible snacking. Snacking is a temptation for rutting appetites and providing unnecessary calories. Being caught with your hand in the cookie jar is not encouraged. It means being sensible about what is offered at meals, too.

By reframing the idea of snacks, the positive aspects of hunger control and adding quality to a day's food intake move into the spotlight.

Breads, cereals, rice and pasta are the foundation of a healthy intake. Following right behind them are plenty of servings of fruits and vegetables. Low-fat dairy products also are recommended.

These food groups ideally are suited to snacking, because they are portable as any bag of chips, doughnuts or cookies is.

Thought should be given to making healthy foods convenient. Having healthy food on hand is no more difficult than picking up junk food.

Strawberries and grapes, convenient mouth-poppers, can be washed at work or the night before they are grabbed for snacks.

"Planning is key to healthy snacking for our family. I use my imagination before we head out the door to wash and cut vegetables and fruits for dinner and for snacks," Lindsey says.

Pita bread cut in wedges and baked once a week for "chips" can be stored in a bag for crunchy, low-fat snacking. Just like high-fat chips, sensible and tasty pretzels come in packages ready to eat.

Lindsey tries new snack

ideas, too. "Eating vegetables is something I know I'm supposed to do. By finding new and different ways to serve fruits and vegetables, it's more likely that we'll include healthy snacking on a long-term basis," she says.

Registered dietitian is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

## SUNBURST YOGURT DIP

1 carton (8 oz.) low-fat lemon or vanilla yogurt  
1 tbsp. sugar, if desired  
2 tsp. lemon juice  
1 tsp. vanilla

Combine yogurt, sugar, lemon juice and vanilla. Chill, covered, until ready to serve.

## Wise Ways

### 'Rosemary' not her name; herbs definitely the game

Parsley, sage, rosemary and thyme are lyrics from a ballad everyone sang in the '70s. Since then, their popularity has grown in daily appeal on America's dinner plate.

tal glassware also contains lead. Acid foods like vinegar, wine, tomatoes and fruit juice leach lead from the glass into the food, which can cause lead poisoning and lead to brain damage.

When preparing herb vinegars, use 1/2 cup herbs to 2 cups vinegar. Wash herbs thoroughly, and beware of "organically grown" herbs which have been sprayed with manure and the risk of E. coli bacteria. The acidity of the vinegar has not been found to kill this E. coli.

Prepare herb vinegar by one of two methods:

Hot method: Heat vinegar and pour over herbs. Cover with a glass or plastic lid. Let stand up to 2 weeks. Strain vinegar by pouring through a clean coffee filter.

Cold method: Pour cold vinegar over herbs and let stand 6 to 8 weeks.

For a taste of spring, use fresh herbs and small red potatoes before baking. Add carrots and turnips for a roast vegetable medley. Cut fresh herbs are available at grocery stores and farmers' markets in the produce section. Mince fresh herbs by snipping them with kitchen shears before adding to roast vegetables or salads.

*Home economist Mary Schroepfer is nutrition specialist with University Extension (University of Missouri system) in Franklin County.*

## OVEN-ROASTED POTATOES WITH FRESH HERBS

2 lb. small red potatoes

2 tbsp. beef or vegetable bouillon

1 tbsp. chopped fresh or 1/4 tsp. dried rosemary

2 tsp. chopped fresh or 1/4 tsp. dried parsley

1/8 tsp. dried leaf sage

2 tsp. paprika

2 tbsp. freshly ground black pepper

Preheat oven to 375°.

Clean and quarter potatoes. Toss with bouillon, rosemary, parsley, sage, paprika and pepper until well coated.

Coat baking pan with nonstick cooking spray. Place potatoes in single layer on bottom of pan. Bake in preheated oven 30 minutes until potatoes are soft and brown.

## Blue Ribbon Cook

### Mom pleases group with winning Italian Beef

Frankie Ferrario Horan, Trenton, Ill., is winner of this week's recipe contest for Italian Beef. The prize is dinner certificates at the Pasta House Co.

Mary Ferrario, also of Trenton, is the mom who deserves credit for this big-as-a-party recipe. It is an excellent candidate for using with beef brisket and

is designed to be prepared in advance. It can be reheated in a slow cooker to take to a gathering. For a smaller group, amounts are given in parenthesis after each ingredient.

Recipes in the Potato Salad Recipe Contest should be postmarked by May 31 for consideration as winner each Wednesday in June.

With patio parties about to begin in earnest, it is a good time to pull out potato salad recipes anyway, so copy a favorite and send it in for the contest.

Send one recipe per household to: Potato Salad Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

ITALIAN BEEF

1/4 cup (1/2 stick) margarine (2 tbsp.)  
1 large onion, chopped (1 medium)  
4 tsp. chopped garlic (2 tsp.)  
4 cups water (1 cup)

8 beef bouillon cubes (2 cubes)

4 oz. Italian seasoning (1 oz.)

4 bay leaves (1 leaf)

2 tbsp. parsley (2 tsp.)

2 tbsp. oregano (2 tsp.)

2 tsp. pepper (1/2 tsp.)

1 (10 lb.) beef roast (3 lb.)

In large pot, slowly cook

margarine, onion and garlic

until onion is clear.

Add water, bouillon cubes, Italian seasoning, bay leaves, parsley, oregano, pepper and beef. Cover. Simmer over low heat about 4 hours (1 1/2 to 2 hours for smaller roast), turning roast every hour.

Remove meat from juice and refrigerate.

## Mom

Continued from page 1C.

shake."

For a sweet treat, dissolve 1 large box (8-serving size) strawberry gelatin in 2 cups boiling water. Add 1 quart strawberry frozen yogurt, soft, by the spoonful, stirring until yogurt completely melts. Refrigerate 2 to 3 hours until firm. Serve in pretty glasses with a dollop of vanilla yogurt and a fresh berry on top.

1 egg  
3 cups halved fresh strawberries  
1/4 cup white chocolate chips  
1 tsp. oil

Preheat oven to 450°. Let crust stand at room temperature 15 to 20 minutes. Remove from pouch. Unfold crust. Peel off plastic sheets.

On large cookie sheet, roll crust to 12-inch circle. Prick with fork. Sprinkle with 1 tablespoon sugar. Bake in preheated oven 8 to 10 minutes until light golden brown. Cool slightly. Cut in wedges. Store in refrigerator. Makes 8 servings.

in center and lightly browned on edge. Cool completely.

Arrange strawberries on cold cream cheese filling. Microwave chips and oil on low power 1 to 2 minutes or heat in small saucepan over low heat until melted. Blend until smooth. Drizzle over strawberries.

Cut in wedges. Store in refrigerator.

Makes 8 servings.

1/2 tsp. baking soda

1/2 cup apple sauce

1/2 cup yolk-free egg product

1 cup grated carrot

1 cup reduced-fat

semisweet chocolate chips

1/2 cup water

Confectioner's sugar glaze, if desired

Preheat oven to 375°.

Unroll and flour 8-inch square baking pan.

In large bowl, using electric mixer, blend sugar and yolk-free egg product.

Stir in flour and cinnamon until crumbly. Set aside 1/2 cup mixture.

Add baking powder and baking soda to remaining flour mixture. Add applesauce and egg product.

Beat 1 minute. Stir in 1/2 cup chocolate and carrot.

Spread in prepared pan.

Stir water into reserved

topping mixture. Sprinkle

topping and remaining

chips over batter.

Bake in preheated oven 25 to 30 minutes until done.

Cool in pan on wire rack.

Drizzle with confectioner's sugar glaze before serving.

Makes 12 servings; 164

calories, 6 g fat, no cholesterol and 99 mg sodium each.

Remove meat from juice and refrigerate.

1 tsp. vanilla

3/4 cup reduced-sugar strawberry or raspberry preserves

1 cup semisweet chocolate chips

Preheat oven to 375°.

Grease 13-by-9-inch baking pan.

In small bowl, combine flour, baking soda and salt.

In large bowl, using electric mixer, blend spread, sugars, egg product and vanilla until creamy. Blend in flour mixture. Reserve 1/2 cup dough.

Spread remaining dough on bottom of prepared pan.

Spread preserves evenly over dough. Sprinkle with sugars, egg product and vanilla until creamy. Blend in flour mixture. Reserve 1/2 cup dough.

Preheat oven to 375°.

Grease 13-by-9-inch baking pan.

In large bowl, using electric mixer, blend spread, sugars, egg product and vanilla until creamy. Blend in flour mixture. Reserve 1/2 cup dough.

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# Today's Food



Grill a little turkey, spin a little salad and invite mom for lunch.

## Celebrate Sunday with mom and turkey salad

An easy grilled meal is a delicious way to celebrate Sunday. Turkey is easy to fix on the grill and can be a quick feast when parts chosen for their cooking essence are not overcooked.

Turkey sounds "everyday" but these salads are quick learners in the journey to independent kitchen pride.

Spicy Turkey Salad with Raspberry Vinaigrette combines the zesty tastes of Chinese five-spice and vinegar with the sweet taste of fresh raspberries. This salad, crunchy with water chestnuts, brings out the best in grilled turkey tenderloins on any occasion.

Using fully-cooked, oven-baked turkey breast makes Turkey Salad with Poppy Seed Dressing a quick, easy salad to picnics or enjoy right at home. Spices and a Dijon mustard balance the sweet and tangy flavors of this festive-looking salad.

Taco seasoning mix and salsa spice up grilled turkey tenderloins in this recipe for low-fat Southwestern Turkey Salad.

Turkey Salad with Raspberry Vinaigrette

1 can (8 oz.) sliced water chestnuts, drained, sliced 1/8 inch thick  
Enoki mushrooms, if desired  
Sprinkle both sides of tenderloin with Chinese five-spice. On grill rack coated with nonstick cooking spray over hot coals, grill turkey 5 minutes. Turn over. Cook 4 to 5 minutes longer until turkey is no longer pink in center.

To serve, on each of 4 plates, arrange 2 cups spinach. Slice turkey in thin slices and place on spinach. Top each with 1/4 cup raspberries, 1 tablespoon green onion, 2 tablespoons water chestnuts and 1 tablespoon vinaigrette. Garnish with mint leaves.

Makes 4 servings; 279 calories, 32 g protein, 9 g fat, 19 g carbohydrate, 231 mg sodium and 70 mg cholesterol each.

Spicy Southwestern Turkey Salad

1 pkg. (1/4 oz.) taco seasoning mix

1 lb. turkey tenderloins, butterflied

1 large head romaine lettuce, cut in quarters lengthwise

Spicy Southwestern

Dressing

1/4 cup olive oil, 2 table-

spoons balsamic vinegar, 1 reserved 2 tablespoons

pineapple juice, 1 table-

spoon poppy seeds, 2 tea-

spoons sugar and 2 tea-

spoons Dijon mustard.

Makes 8 servings; 149

calories, 31 g protein, 8 g

fat, 15 g carbohydrate, 544

mg sodium and 18 mg cho-

lesterol each.

1/4 cup olive oil, 2 table-

spoons balsamic vinegar, 1 reserved 2 tablespoons

pineapple juice, 1 table-

spoon poppy seeds, 2 tea-

spoons sugar and 2 tea-

spoons Dijon mustard.

Makes 8 servings; 149

calories, 31 g protein, 8 g

fat, 15 g carbohydrate, 544

mg sodium and 18 mg cho-

lesterol each.

1 can (14 1/2 oz.) taco seasoning mix

1 lb. turkey tenderloins, butterflied

1 large head romaine lettuce, cut in quarters lengthwise

Spicy Southwestern

Dressing

1/4 cup olive oil, 2 table-

spoons balsamic vinegar, 1 reserved 2 tablespoons

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Makes 8 servings; 149

calories, 31 g protein, 8 g

# Tasty Food

## Good Health

By MELANIE POLK

### Relax in late afternoon by sharing tea, scones

Tea time is making a comeback throughout this country as many people find it a wonderful way to take a break from hectic schedules. Mother's Day is approaching, this could be a special way to spend time with mom.

Tea is not an exceptional source of well-known nutrients, but it does contain polyphenols — substances under close study for potential cancer-fighting properties. Green tea, the light, flavorful tea from the Far East — is attracting the most research attention, but the black tea consumed in this country also may have some cancer-fighting advantages.

Beyond tea and conversation, no tea time would be complete without a tray of delectable treats. Consider some of these healthy choices:

• Toast cornmeal muffins and serve them with apple butter. Tea cakes can be created by using a favorite low-fat, whole-grain muffin or quick-bread recipe in mini-muffin or mini-loaf pans. All-fruit jam or a sprinkling of confectioner's sugar make a sweet frosting.

• Sponge cake, angel food cake and fat-free pound

cake are delicious topped with berries or sliced fruit. Try cutting cake slices with a cookie cutter, heating the shapes over a flame until golden, then dusting with confectioner's sugar.

• If tea sandwiches strike your fancy, use fat-free cream cheese on watercress, cucumber or tomato sandwiches, or serve thin, salmon or chicken salad with low-fat or nonfat mayonnaise. Trim crusts from whole wheat bread, spread with filling and cut in 4 triangles.

Fresh strawberries are fabulous with a dip made by blending 8 ounces vanilla nonfat yogurt with a little honey and a few chopped, toasted almonds.

Scones are a tea-time tradition, so savor low-fat Buttermilk Oatmeal Raisin Scones with a favorite jam.

For a quickie checklist of recipes for healthy and delicious party foods, send a self-addressed, business-size envelope stamped with 55 cents postage to: American Institute for Cancer Research, Department GH, Washington, D.C. 20004. *Melanie Polk directs nutrition education for the American Institute for Cancer Research in Washington.*

ton.

#### BUTTERMILK OATMEAL RAISIN SCONES

1/4 cup granulated sugar  
1 1/2 cups whole wheat flour  
1 1/2 cups uncooked oats  
1 tbsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
3 tbsp. soft margarine  
1 cup raisins  
1 1/4 cups buttermilk

Preheat oven to 425°. Reserve 1 1/2 teaspoons sugar for topping.

In bowl, combine flour, oats, remaining sugar, baking powder, baking soda and salt. Blend in margarine until mixture is crumbly. Stir in raisins, then buttermilk.

On lightly floured surface, knead dough about 10 times. Divide into 3 pieces. Pat each piece into a round about 3/4-inch thick.

Transfer to baking sheet. Using a knife, cut each round into quarters. Sprinkle with reserved sugar.

Bake in preheated oven 15 to 20 minutes until lightly browned.



Scones are a tradition with tea. Studded with raisins and served with chunky fruit preserves, they make wonderful flavor companions.

#### PASTA ON THE SIDE

Over medium-high heat, sauté 12 ounces sliced white, button or shiitake mushrooms and 2 cloves garlic, minced, in oil from 8.5-ounce jar of oil-packed dried tomato.

On lightly floured surface, knead dough about 10 times. Divide into 3 pieces. Pat each piece into a round about 3/4-inch thick.

Transfer to baking sheet. Using a knife, cut each round into quarters. Sprinkle with reserved sugar.

Bake in preheated oven 15 to 20 minutes until lightly browned.

toes about 5 minutes until mushrooms are golden.

Thinly slice tomatoes. Add to mushroom mixture of sliced or Italian-flavored tomatoes, crushed with a fork and using liquid from tomatoes as needed. Cook 5 minutes longer.

Toss with 8 ounces tube pasta, like penne or mostaccioli, fresh spinach leaves, and finely grated Parmesan or Romano cheese. Garnish with chopped fresh tomatoes, if desired.

Makes about 4 side-dish servings.

#### STAINED GLASS FRUIT SALAD

2 cans (11 oz. each)  
1 can (10 oz.) mandarin oranges  
1 can (20 oz.) pineapple chunks  
1 pkg. (10 oz.) frozen strawberries, thawed  
1 can (20 oz.) peach pie filling  
3 or 4 bananas, sliced

In large bowl, combine oranges, pineapple, strawberries with juice, pie filling and banana. Cover. Chill. Makes 10 to 12 servings.

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## Recipe

### STEAK CAESAR SALAD

1 boneless beef sirloin steak, cut 1 inch thick  
2 cloves garlic, crushed  
2 tsp. olive oil  
1/2 tsp. cracked pepper  
Salt, if desired

Trim fat from beef steak. Cut in half lengthwise, then crosswise in strips 1/4-inch thick.

Combine beef, garlic, oil and pepper. Toss to coat.

Heat large nonstick skillet over medium-high heat until hot. Stir-fry beef, half at a time, 1 to 2 minutes until outside surface is no longer pink but not overcooked. Remove from skillet. Season with salt.

In large bowl, combine beef with lettuce and dressing from salad kit. Toss lightly. Sprinkle with croutons and cheese, if desired. Serve immediately.

Makes 4 servings.

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# Today's Food

Celebrate Mother's Day, May 12, at Nameoki United Methodist Church



Worship Services:  
8:30 Informal  
10:45 Tradition

Nameoki United Methodist Church  
1900 Pontoon Road, Granite City  
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"Christ can make a difference in your life. Your life can make a difference for Christ."

Sermon:

"A simple truth to enrich your marriage."

## GOAL: TO MELT OR SOFTEN BUTTER?

Baked goods with a crisp, flaky or crunchy texture like fruit crisp, biscuits and pie crust — usually call for butter or margarine that has been softened. That means it has been warmed slightly, but is still firm enough to hold its shape.

In these recipes, butter is cut into the dry ingredients

using a pastry blender to make coarse crumbs. The small pieces of butter throughout the mixture give the recipe its distinct texture as they bake. Melted butter, however, blends with the flour, resulting in a sandy texture.

To achieve proper consistency, cut in the softened butter until crumbly, not until the mixture turns into a soft dough.



Try a new twist on traditional lasagna with Easy Pasta Bake with Vegetables, made with only five ingredients.

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## Thin down regular foods without increasing effort

Does preparing a meal or snack with nutrition in mind take too much time? Are you too busy to cook healthful meals? If the answer is "yes," you're not alone.

Here are ideas to make it easy to eat more healthfully without doubling the time it takes to prepare meals and snacks.

When it's time for lunch, many people feast on sandwiches. Create easy concoctions. Use interesting breads and rolls. Fill them with deli-thin sliced turkey, sliced lettuce, green pepper and tomato. Add nonfat mayonnaise or mustard just before eating, or spread it between the meat and lettuce so it doesn't directly on bread to avoid it soaking in too much oil.

Stock up on ready-to-eat fresh vegetables. Compare prices between the produce department and the salad bar.

Don't eliminate favorite foods. Be conscious of serving sizes and compare what you eat with portion sizes listed on food labels and recipes. Eat the amount that matches energy needs.

Add vegetables to pizza, spaghetti sauce, soup or chili. Try grapes, oranges, apples and berries in favorite dips. Use fat-free cream cheese or fat-free sour cream to make low-fat

toppings and salads.

Top salad with flavorful fat-free Italian, French, ranch, peppercorn or honey mustard dressing. These dressings can be used as marinades and sauces, too.

Instead of adding fat to food with a variety of spices. Shake on tarragon, red pepper flakes or balsamic vinegar. Use less of a sharply-flavored cheese or add one reduced in fat.

Get active. Take a walk after lunch. Throw a frisbee with the kids. Move a little faster when vacuuming the house. Even short periods of exercise boost physical and mental health.

For an easy, fat-free twist to a favorite, try this pasta dish, which could become a family favorite.

## EASY PASTA BAKE WITH VEGETABLES

1 pkg. (16 oz.) frozen mixed vegetables, thawed  
5 cups cooked pasta  
1 jar (28 oz.) reduced-calorie pasta sauce  
1/2 cup nonfat grated parmesan topping  
1 pkg. (8 oz.) shredded reduced-fat mozzarella cheese

Preheat oven to 375°. Stir together vegetables, pasta, sauce and grated topping. Spoon into 13-by-9-inch baking dish. Top with mozzarella cheese.

Bake 15 to 20 minutes.

Makes 4 servings; 370 calories, 9 g fat, 20 mg cholesterol, 770 mg sodium, 51 g carbohydrate, 23 g protein and 2 g dietary fiber each.

## Recipe

### LIME PINEAPPLE RUM PIE

2 1/2 cups finely ground vanilla wafers  
5 tbsp. butter or margarine, melted  
1 can (14 oz.) sweetened condensed milk  
4 egg yolks  
1/4 cup fresh lime juice  
1/4 cup pineapple juice  
3 tbsp. light rum  
1 1/2 tsp. grated lime peel

Preheat oven to 350°. In small bowl, stir butter into crumbs until blended. Press mixture in bottom and up sides of 9-inch pie plate. Bake in preheated oven 8 to 10 minutes until crust begins to brown.

In medium bowl, whisk together milk, yolks, lime juice, pineapple juice, rum and lime peel until smooth. Pour into crust. Bake 12 to 15 minutes longer until filling is set.

Refrigerate 3 hours until completely chilled.

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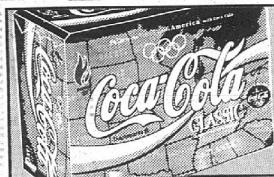
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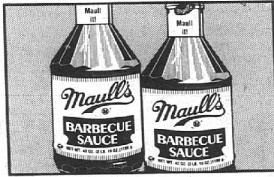
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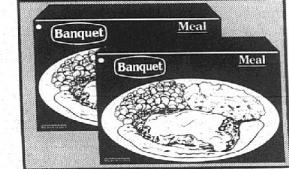
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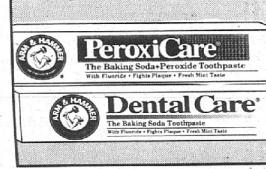
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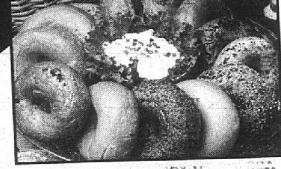
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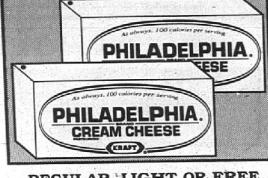
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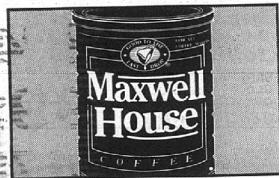
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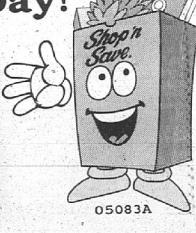


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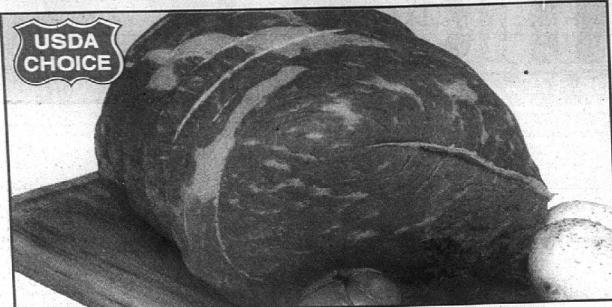
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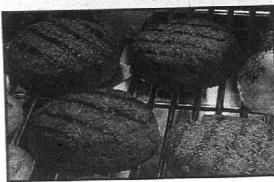
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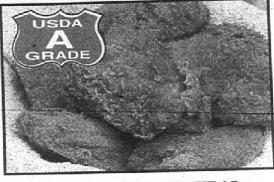
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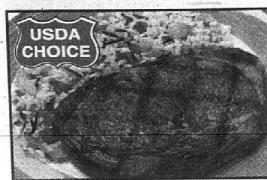
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USDA CHOICE CORN FED BEEF  
Boneless  
Rib Eye Steak

# 479

lb.

8-10 LB. AVG.  
Field Whole  
Boneless Ham.... 199  
lb.

TURKEY  
Louis Rich  
Smoked Sausage... 189  
14-OZ. PKG.

LITE  
Field Fresh  
Ham Sausage.... 139  
1-LB. ROLL

## Pick of the Crop Garden Fresh Produce!



CALIFORNIA  
Red or Green  
Leaf Lettuce

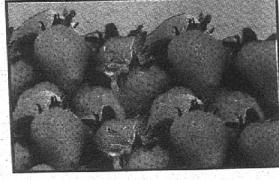
# 88¢

lb.

CRISP  
Red  
Radishes..... 4/88¢  
6-OZ. BAG

FRESH  
Zucchini  
Squash..... 88¢  
lb.

FRESH  
Portabella  
Mushrooms..... 288



RED-RIPE  
California  
Strawberries

# 388

1/2 FLAT  
LIMIT 2

FRESH  
Asparagus..... 148  
lb.

FAT FREE  
Dole Complete  
Salads..... 198  
10 OZ. PKG.

**The Finest Quality  
& Selection!**



FRESH  
California  
Broccoli

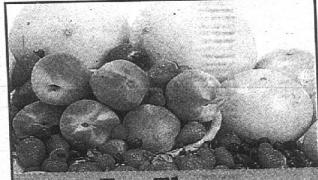
# 68¢

BUNCH

10 INCH  
Hanging  
Baskets..... 899

Marzetti's  
Slaw Dressing.... 288  
12-OZ. JAR

ROASTED OR SALTED  
Gary's  
Peanuts..... 198  
20-OZ. BAG



Try These  
Exotic Varieties!

NOT AVAILABLE AT ALL STORES  
FRESH  
Sno Peas..... 298  
lb.

Bean Sprouts..... 78¢  
lb.

Alfalfa Sprouts..... 68¢  
lb.

MELISSA'S  
Pinenuts..... 248  
3 OZ. PKG.

MELISSA'S DRIED  
Habanero Peppers..... 198  
2 OZ. PKG.

MELISSA'S DRIED  
Jackfruit..... 278  
3 OZ. BAG



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8	9	10	11			

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FOR YOUR  
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88 TAURUS LX WAGON	WAS	AFTER TRADE
86, Loaded, High Miles, Clean	\$3,900	\$2,990
85 CUTLASS SUPREME	WAS	AFTER TRADE
Brougham, Moonroof, Nicet	\$2,800	\$1,800
91 CADDILLAC SEI	WAS	AFTER TRADE
White, Low Miles, Nicet	\$12,850	\$11,950
87 LEBARON CONVERTIBLE	WAS	AFTER TRADE
Red, Low Miles, Loaded	\$5,990	\$4,995
88 CUTLASS SUPREME	WAS	AFTER TRADE
White, Low Miles	\$5,490	\$4,495
90 MERCURY SABLE WAGON	WAS	AFTER TRADE
Loaded, Blue, Low Miles	\$6,950	\$5,950
84 GRAN MARQUIS LS	WAS	AFTER TRADE
4 Dr., White, Very Clean	\$2,900	\$1,990
92 LUMINA 4 DR.	WAS	AFTER TRADE
Black, Gray Cloth, Low Miles	\$7,995	\$6,995
88 PONTIAC BONNEVILLE 4 DR.	WAS	AFTER TRADE
Blue, Loaded, Clean	\$4,900	\$3,995
93 TEMPO 2 DR.	WAS	AFTER TRADE
Std. Auto, White, Low Miles	\$3,900	\$2,990
89 FORD TAURUS	WAS	AFTER TRADE
Low Miles, Loaded	\$5,990	\$4,990
91 GRAN AM 4 DR.	WAS	AFTER TRADE
Maroon, Low Miles, Nicet	\$5,850	\$4,850
87 TEMPO 4 DR.	WAS	AFTER TRADE
"Auto", Only 65,000 Miles	\$5,995	\$5,995
91 ESCORT 4 DR.	WAS	AFTER TRADE
Auto, Auto, White, Low Miles	\$4,950	\$3,950
89 FORD PROBE GT	WAS	AFTER TRADE
White, 5 Speed, Black, Nicet	\$4,900	\$3,900
89 FORD TAURUS SHO	WAS	AFTER TRADE
24 Valve Eng, 5 Speed, Loaded	\$6,500	\$5,500
89 MERCURY COUGAR	WAS	AFTER TRADE
V-8, Auto, Loaded, Nicet	\$5,995	\$4,995
81 CORVETTE T-TOP	WAS	AFTER TRADE
White, Both tops good, Clean	\$8,900	\$7,990
91 OLDS CALAIS 442	WAS	AFTER TRADE
Black, 5 Speed, Low Miles	\$7,495	\$6,495
93 BUICK LESABRE 4 DR	WAS	AFTER TRADE
Black, Fully Loaded, Low Miles	\$12,890	\$11,990
<b>TRUCKS</b>		
86 BRONCO 4X4	WAS	AFTER TRADE
Ext. Cab Pkg., Loaded, Red	\$7,495	\$6,495
88 JEEP CHEROKEE LAREDO	WAS	AFTER TRADE
4 Dr. 4x4, Extra Nicet	\$8,990	\$7,990
88 CHEV. S-10 4X4	WAS	AFTER TRADE
Std. A/C, White, Clean	\$5,490	\$4,490
86 S-10 BLAZER 4x4	WAS	AFTER TRADE
24/4x4, Auto, Tahoe Pkg., Low Miles	\$6,750	\$5,750
87 S-10 BLAZER 4x4	WAS	AFTER TRADE
4x4, V-6, Loaded, Red	\$5,900	\$4,900
91 DAKOTA	WAS	AFTER TRADE
4 Cyl, Std., Very Clean, Low Miles	\$5,495	\$4,495
92 FORD F250 SUPER CAB	WAS	AFTER TRADE
351 Auto, Good Shape	\$11,500	\$10,500
92 FORD F150	WAS	AFTER TRADE
6 Cyl, Auto, A/C, Long Bed	\$8,900	\$7,990
93 JEEP GRAND CHEROKEE 4x4	WAS	AFTER TRADE
6 Cyl, Auto, Burgundy, All Options	\$15,800	\$14,800
86 FORD F150	WAS	AFTER TRADE
V-8, Auto, NC, Camper Shell	\$5,450	\$4,450
88 GMC 1500 1/2 TON	WAS	AFTER TRADE
350, Auto, Good Shape, High Miles	\$5,900	\$4,900
<b>VANS</b>		
85 GMC SAFARI CONVERSION	WAS	AFTER TRADE
Auto, A/C, Brown & Gold	\$3,450	\$2,450
90 MAZDA 929	WAS	AFTER TRADE
All Wheel Drive, Dual Air, Loaded	\$7,990	\$6,990
97 CHEV ASTRO CONVERSION	WAS	AFTER TRADE
Sharp, Maroon & Gold, A Must See!	\$4,900	\$3,900
90 CHEV ASTRO CONVERSION	WAS	AFTER TRADE
550 Loaded, Plush, Low Miles	\$10,950	\$9,990
90 GMC CONVERSION VAN	WAS	AFTER TRADE
350 Loaded, Very Nice, Low Miles	\$10,900	\$9,990
92 FORD E150 CARGO VAN	WAS	AFTER TRADE
White, 6 Cyl, Auto, High Miles	\$5,900	\$4,900
85 TOYOTA VAN	WAS	AFTER TRADE
LE, Fully Equipped, 7 Pass	\$2,995	\$1,995
<b>SUBURBANS</b>		
90 CHEV. SUBURBAN	WAS	AFTER TRADE
1/2 Ton Loaded, Low Miles, Tow Pkg.	\$11,500	\$10,500
89 CHEV. SUBURBAN	WAS	AFTER TRADE
350, Auto, A/C, Tow Pkg.	\$7,950	\$6,950
84 CHEV SUBURBAN 4X4	WAS	AFTER TRADE
4 Wheel Drive, Loaded, Clean	\$8,450	\$5,450
91 GMC SUBURBAN	WAS	AFTER TRADE
Red & White, Loaded, Cargo Doors	\$13,500	\$12,995
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Stk. #970	FROM \$9,980	
<b>LEBARON CONVERTIBLES</b>		
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Take Your Pick	FROM \$14,998	
<b>DAKOTA CLUB CAB PICKUPS</b>		
Loaded With Options.	Balance Or Warranty.	
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SE, Buckle Valley, wheels, 2dr, 100,000 miles, \$10,650. Phone 931-8185.
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Granite City Journal-May 8, 1996 - Page 3D

<b>32 MIS. AUTOS</b>
94 Pontiac, Grand Prix, SE, Auto, good affects, \$1,250. 931-8185.
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94 Pontiac Formula, 2dr, 14000 miles, \$5,995. 931-8185.
<b>1994 PONTIAC BONNEVILLE</b>
SE, Buckle Valley, wheels, 2dr, 100,000 miles, \$10,650. Phone 931-8185.
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<b>40 HONDA</b>
94 HONDA CIVIC LX Sedan, \$10,550.
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94 Accord LX Sedan, \$10,550.

<b>54 MITSUBISHI</b>
94 MITSUBISHI ECLIPSE: 41,000 miles, AM/FM cassette, A/C, 4 wheel disc, 5 speed, \$10,550.
94 Mitsubishi Eclipse, 4dr, \$10,550.
94 Mitsubishi Eclipse, 4dr, \$10,550.
94 Mitsubishi Eclipse, 4dr, \$10,550.

<b>56 NISSAN/DATSUN</b>
Extra Clean, 1994 Nissan Sentra, 4dr, 1.6, 5 speed, \$10,550.
94 Nissan Pulsar NX, Top, Twin Cam, Beach 797-0002.
94 Nissan Pulsar NX, Top, Twin Cam, Beach 797-0002.
94 Nissan Pulsar NX, Top, Twin Cam, Beach 797-0002.

<b>56 SUBARU</b>
94 Subaru Impreza, 4dr, \$10,550.

<b>63 SUZUKI</b>
94 Suzuki Sidekick Convertible, \$1000-\$2,895★
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**ads from women**

40-year-old BF, smoker, looking for possible long-term relationship. W/BS. Likes quiet evenings at home, cooking and walks, in the park. **15798**

43-year-old DWF, Christian, enjoy country music, interested in symphony, plays in church, affectionate Man, 40-55. **15787**

Affectionate, attractive SWCF, ISO SWCM, 49-62, honest, emotionally stable, refined or patient, nonsmoker. Likes dating, friendship, love then marriage. **15726**

Affectionate SWB, 28, enjoys reading, outdoor activities, good earnings, conversation. Seeking affectionate, honest WBM, 25-32, similar interests, for long-term relationship. **15788**

Attractive, light-skinned SWCF, with long hair, gray eyes; enjoy shopping, reading and lots of walks. Looking for SWCD, 20-30, for possible long-term relationship. **15789**

Attractive SWB, 18, enjoys outdoors, sports and having fun. Looking for friendship, possible long-term relationship. **15735**

Attractive, warm-hearted, independent WWFB, 62, 53+, 100 lbs, still seeking one good, honest BF, 40-55, who loves to share life, laugh. **15775**

Attractive, SWB, 38, medium-sized, enjoys one-on-one time, fishing, boating, movies, crafts, hobbies, recreation and outdoors. For companionship. **15746**

Attractive, SWB, 28, blonde, independent, cute, omey, mature, 5'5", Native American, 26-36, seeking BF, 35+, who loves honest, likes outdoors and togetherness. **15760**

Attractive SWB, 36, mom, non-smoker, social drinker, love golfing, dancing, holding hands, hugging, laughing. Seeking honest, affectionate, compassionate, passionate Guy. **15806**

Attractive, SWB, 40, 54+, 188 lbs, loves to have fun, the outdoors, enjoys music, dancing, crafts. W/BS. **15724**

Big, but beautiful, SWB, 31, likes music, quiet evenings. ISO open-minded and outgoing. **15780**

Country life, attractive, hardworking DWF, 34, 53+, 115 lbs, brown/hazel. Wanted: hardworking Man, 28-45, with horses, farm and good time relationship. **15816**

Cute, petite DFB, 38, child-free, nonsmoker, non-drinker. Seeking BF, 35-48, who loves to be affectionate, mature, considerate and loyal, for serious relationship with a future. **15629**

Daring, attractive, full-figured, non-smoker, SWB, 53, 180 lbs, long blonde/green; like the outdoors, slow dancing, quiet evenings. **15731**

DWF, 32, 5'8", 185 lbs, two children. ISO SWB Marboro Man, 30-35, who enjoys living life to the fullest. **15731**

DWF, 41, petite, educated, energetic, good conversation. DWF Gentleman, 38-48, educated, emotionally stable. **15761**

DWF, 45, 115 lbs, smoker, social drinker. Likes movies, flea markets, swimming and boating. ISO SWB, 45-50, likes to travel. **15780**

Educated, SWB, 40, no children, considered attractive, good sense of humor, very private and kind; enjoys cooking, sports and sporting events. **15663**

Friendly, sweet, happy, outgoing, professional SWB, mid-40s seeks tall, honest, professional M, 5+-, open-minded, fun, enjoys life with various interests. **15780**

Friend, friendly DWF, 50, 180 lbs, stable, open, honest, reliable. Man for imperial balloon, country western dancing, traveling. Age unimportant, seeking relationship. **15832**

Fun-loving DWF, 35, with great sense of humor; enjoys movies, sporting events. Smoker, social drinker. ISO SWB, 35-42, with the same interests. **15797**

Gifted, intelligent SWB, 25, looking for an intelligent, honest SWB, 25-35, who loves having fun for friendship, possible relationship. **15763**

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Gifted, intelligent SWB, 25, looking for an intelligent, honest SWB, 25-35, who loves having fun for friendship, possible relationship. **15763**

Granite City, slim, attractive DWF, 26, mom, enjoys dancing, cooking, ISO attractive, friendly, 33, to meet someone. **15727**

Honest, attractive DWF, 38, 5'4", blonde/green; enjoy cooking, boating, dining, travel, dancing, with same. **15655**

Honest, outgoing shy SWB, 30, enjoys dining out, social gathering. ISO SWB 40-45, with similar qualities for friendship maybe more. **15797**

I want more. DWF, 40s, smoker, professional, interested in what's inside, everyone likes romance, travel, quiet evenings, ISO SWB, 35-55, with same. **15764**

I want more. SWB, 30, enjoys dancing, shopping, dining, travel, interests, professional, friendly, first, maybe more. **15812**

Sleepless in Missouri. Attractive, professional, blonde, ISO attractive SWB, 30-35, with similar proportions, dark hair/eyes preferred, secure, romantic. **15727**

SWB, 18, 5'3", enjoys sports, going to game, golf, bowling, tennis, favorite, SWB, 18-24, for dating, travel, SWB, 18-21. **15595**

SWB, 32, 5'1", 120 lbs, long light brown hair, looking for the perfect Harley Man who enjoys the outdoors. **15768**

Independent, mature SWB, 26, 5'7", 135 lbs, blonde, brown eyes; enjoys shopping, reading and lots of walks. Looking for SWCD, 20-30, for possible long-term relationship. **15789**

Independent, SWB, 28, 5'4", 140 lbs, blonde/hazel; ready to meet a friend, intelligent, employed, light or brown-skinned. Male, 5'10+. **15789**

Independent, SWB, 30, enjoys weightlifting, sports, one-on-one relationship. Me SWB, 39, 5'6", 140 lbs, blonde, brown eyes; enjoys shopping, reading and lots of walks. Looking for SWCD, 20-30, for possible long-term relationship. **15789**

Independent, attractive, honest, drug-free SWB, 22-35, height/weight proportions. I'm a SWB, 5'5", 110 lbs, attractive, friendly. **15760**

Independent, SWB, 30, enjoys weightlifting, sports, one-on-one relationship. Me SWB, 39, 5'6", 140 lbs, blonde, brown eyes; enjoys shopping, reading and lots of walks. Looking for SWCD, 20-30, for possible long-term relationship. **15789**

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## SCHOOL NEWS

Granite City Journal-May 8, 1996 - Page 11D

### Austin wins national art award

The United States Achievement Academy has announced that Tiffany Austin has been named a United States National Award winner in art.

Austin, who attends Granite City High School, was nominated by Phyllis Weller, a teacher at Granite City High School. She will appear in the United States Achievement Academy Official Collegiate Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winners should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, executive director of the United States Achievement Academy.

The academy selected United States Achievement Academy winners upon the exclusive recommendation of teachers, coaches, editors and other qualified sponsors and upon the standards of selection set forth by the academy.

Austin is the daughter of Linda Austin. The grandparents are Ray and Frances Arthur of Granite City and Alice Austin of Arcadia, Fla.



Jason Hall, left, and U.S. Rep. Philip M. Crane (R-III).

### Bates junior studying in Washington, D.C.

Bates College junior Jason Hall of Granite City is participating in the Washington semester program.

Established in 1947, and administered by the American University, the Washington semester program is highly qualified students from around the country to specialize in American government "close-up." Students may specialize in American politics, foreign policy, economic policy, justice or journalism. In all areas, government officials, journalists and other experts lead seminars and internships, while the students conduct research on topics of their choice.

Hall, a junior economics major, is spending his semester doing various research projects and writing constituent letters for U.S. Rep. Philip M. Crane (R-III), chairman of the subcommittee of the ways and means committee. He is the son of Bruce and Sherry Hall of Granite City.

A dean's list student, Hall is a member of the Brooks Quimby Debate Council. He competed at the 1995 National Parliamentary Championships and took second place at both the National Novice Parliamentary Debate Championships in 1993 and at the Wesleyan University tournament in 1995.

Hall was an admissions hosting coordinator during his sophomore year. He is a 1993 graduate of Granite City High School.

From Dec. 26, 1995, through Jan. 5, Hall competed in the World Debate Championships, held in Cork, Ireland. Nearly 600 debaters representing 26 countries gathered in Cork to compete in the 16th World Debate Championships.

Hall and his debate partner, Barbara Raths of Staten Island, N.Y., placed near the top of their bracket at this tournament, following the nine preliminary rounds of competition.

Located midway between the coast and mountains in south-central Maine, Bates is a 14-year-old undergraduate college of the liberal arts and sciences.

### DeLay named to Who's Who

Donna DeLay of Granite City, a junior elementary education major at Eastern Illinois University in Charleston, was named to the 1996 edition of *Who's Who Among Students in American Universities and Colleges*.

DeLay's nominating committee and editors of the annual directory have included the names of students based on their academic achievement, service to their community, leadership in extracurricular activities and potential for continued success.



Timothy McPherson

McPherson earns doctorate degree

Timothy B. McPherson was conferred the degree of doctor of philosophy by the Graduate School of Purdue University in a ceremony held Dec. 14, 1995.

The son of Michael and Mary McPherson of Granite City, he graduated from Granite City High School in 1988 and from Lourdes College of Pharmacy in 1991.

McPherson accepted a position as post-doctoral research associate in the Hillenbrand Biological Engineering Center at Purdue University.

McPherson and his wife, the former Susan Measki, daughter of John and Sandy Measki of Granite City, live in West Lafayette, Ind., and are expecting their first child in June.

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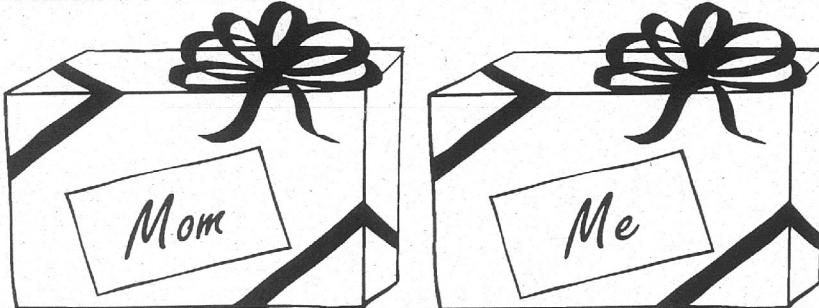
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